

I want you to visit Me thirty-three times a day, uniting with Me in the Sacrament with My own Intentions that is, reparation, adoration...

(...) As **for the visits** and **the acts of reparation**,
you must know that everything I did in the course of thirty-three years,
- from when I was born up to when I died,
I am continuing in the Sacrament of the altar.

Therefore I want you to visit Me thirty-three times a day,
- honoring my years and also
- uniting with Me in the Sacrament with My own Intentions
that is, reparation, adoration...

You will do this at all times:
with the first thought of the morning,
- fly before the tabernacle in which I am present for love of you, and visit Me.

And also
- with the last thought of the evening,
- while you sleep at night,
- before and after your meal,
- at the beginning of each one of your actions, while walking, working..."

While He was saying this to me,
I saw myself all confused, not knowing whether I could manage to do them.

And *I said to him:*
'Lord, I beg You to be with me until I acquire the habit of doing them
For I know that with You I can do everything - but without You, what can miserable I do?'

And **He, benignly, added:**

"Yes, yes, I will content you – when have I ever failed you?
I want your goodwill - whatever Help you want, I will give it to you."
And so He did.